



COUNTY OF SAN DIEGO NEWS ADVISORY

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GROWING GOOD HEALTH THROUGH GARDENING County Launches Five Regional Garden Education Centers

WHAT: County officials and community partners announce five Regional Garden Education Center locations for community residents to learn how to garden. The centers are community-based hubs that offer garden education, including techniques and management, and ongoing classes for all levels of gardeners. The free classes will help those wanting to start or maintain school gardens as well as teach residents how to convert lawns, yards and small spaces into fruit and vegetable gardens.

Regional Garden Education Centers will operate in National City, Encinitas, City Heights, Spring Valley and South San Diego. Residents from throughout the County are eligible to enroll in the free classes at any of the centers.

WHO: **Supervisor Greg Cox**, District 1, County of San Diego Board of Supervisors
Nick Macchione, Director, County of San Diego Health and Human Services Agency
Dr. Wilma Wooten, Public Health Officer, County of San Diego
Cheryl Moder, Director, San Diego County Childhood Obesity Initiative
Amy Carstensen, Director, Olivewood Gardens and Learning Center

WHEN: **MONDAY, MAY 16, 2011 AT 11:30 A.M.**

WHERE: **Olivewood Gardens and Learning Center**
2505 N Ave., National City CA 91950

WHY: Healthy eating is a challenge due to the rise in food costs, lack of access to fresh produce, and a proliferation of inexpensive yet highly processed foods. Many people have lost their connection to gardening as a source of food. However, there is a growing interest in gardens as a tool for rebuilding our nation's health and well-being by providing low-cost access to fresh produce. The garden center sites provide residents instruction on making gardens a reality.

The Regional Garden Education Centers are a project of Healthy Works, a countywide initiative making systems and environmental changes promoting wellness and addressing the nationwide obesity epidemic. The Healthy Works project is administered by the County of San Diego Health and Human Services Agency, through a federal grant funded by the American Recovery and Reinvestment Act of 2009. The project is part of the County's "Live Well, San Diego! Building Better Health" initiative, a 10-year vision for healthy communities. For more information, please visit www.HealthyWorks.org.

VISUALS: Community residents learning gardening techniques in beautiful Olivewood Gardens setting.

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